

# Adjunctive EMDR: A Model for Brief Collaborative Treatment

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## Adjunctive EMDR

- **Adjunctive:** In addition to, and supportive of, primary psychotherapy treatment
- **Brief:** Focused narrowly on the referral issue
- **Collaborative:** Active, reciprocal communication with referring therapist

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## Benefits of Adjunctive EMDR

- Helpful when good psychotherapy is stuck
- Useful when a single symptom is not resolving despite good treatment

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## Benefits of Adjunctive EMDR

- Accelerates progress in traditional psychotherapy
- Enhances awareness in the professional community of the effectiveness of EMDR; may encourage more clinicians to get trained.

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## Five Criteria for Referral

1. Clients should be essentially well functioning individuals
2. Clients should be committed to ongoing treatment with their therapist
3. Primary therapist should support the referral and be willing to actively collaborate

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## Five Criteria for Referral

4. There should be evidence of a clear target or stuck point
5. Clients should have no active substance abuse, self injury, or safety risks, including unstable living situation

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## Pitfalls & Red Flags

### Splitting

- Therapist vs. therapist, by client
- Trauma from other issues, by therapist or client

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## Pitfalls & Red Flags

### The Jump

- Unspoken plan to leave primary therapist

### The Dump

- Unarticulated desire by primary therapist to transfer or end treatment

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## Pitfalls & Red Flags

### The Stumped

- Unbridgeable differences in case conceptualization between primary therapist and adjunctive EMDR consultant

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## Establishing the Framework

- Educate the primary therapist
- Contract with the client
- Screen the client for readiness

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## Case Conceptualization and Treatment Planning

- Develop and maintain a narrow focus
- Identify targets
- Set up schedule of primary and adjunctive sessions

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## Sample Measures – Pre & Post Treatment

- Beck Depression Inventory
- Beck Anxiety Inventory
- PTSD Scale

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## Sample Measures – Pre & Post Treatment

- Impact of Events Scale, Revised
- Dissociative Experiences Scale
- Somatoform Dissociative Scale
- Therapist Feedback Form

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## Questions?

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## Thank you!

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